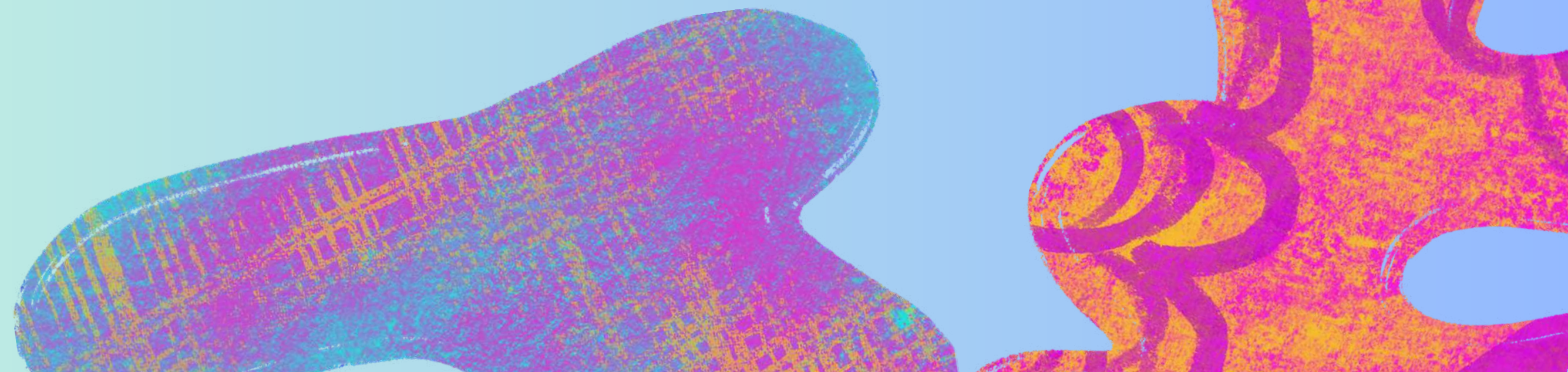


LISTENING TO EVERY VOICE

**A Training Course on Inclusion through
Facilitation & Creativity**

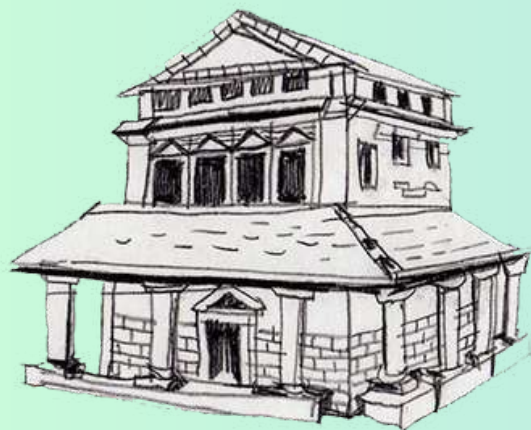
**June 22 - 29, 2026
In Issor - FRANCE**



ABOUT THE ORGANIZING ASSOCIATION

This training course is organised by La Villa.

Based near Pau, in the south-west of France, this organisation aims to design and provide youth workers with innovative tools connected to performing arts, games, and personal and collective development, to support better mental health, inclusion, and the active participation of young people in society.



Association La Villa



**Co-funded by
the European Union**






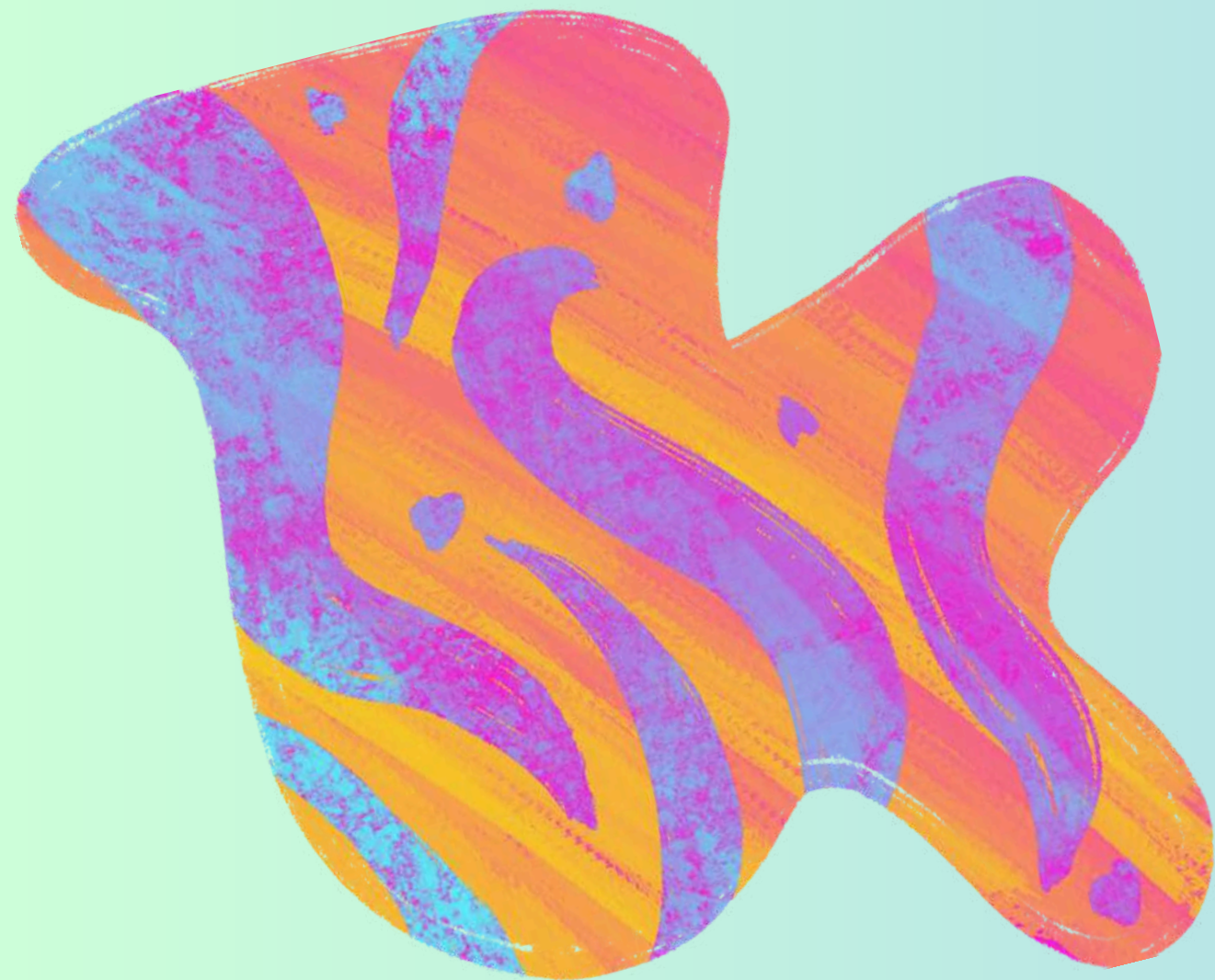
ABOUT THE TRAINING COURSE

In this 6-day-long programme, we will put together different facilitation and creativity tools as ways of managing different levels of relationship (individual, group, society, nature).

Through various techniques to focus our attention on the subtle and hidden messages, we can make sure every voice is listened to and taken into account when making important decisions, managing conflict, and living personal and collective transformation.



GENERAL PROGRAM



22/06 - DAY 0 - ARRIVAL

23/06 - DAY 1 - INTRODUCTION

24/06 - DAY 2 - WITHIN MYSELF

25/06 - DAY 3 - WITHIN THE COLLECTIVE I

26/06 - DAY 4 - WITHIN THE COLLECTIVE II

27/06 - DAY 5 - NATURE

28/06 - DAY 6 - INTEGRATION

29/06 - DAY 7 - DEPARTURE

STRUCTURE OF EACH DAY

08h Morning exercise / Breakfast

09:30h Morning circle

10h MORNING SESSION - introduction to each methodology

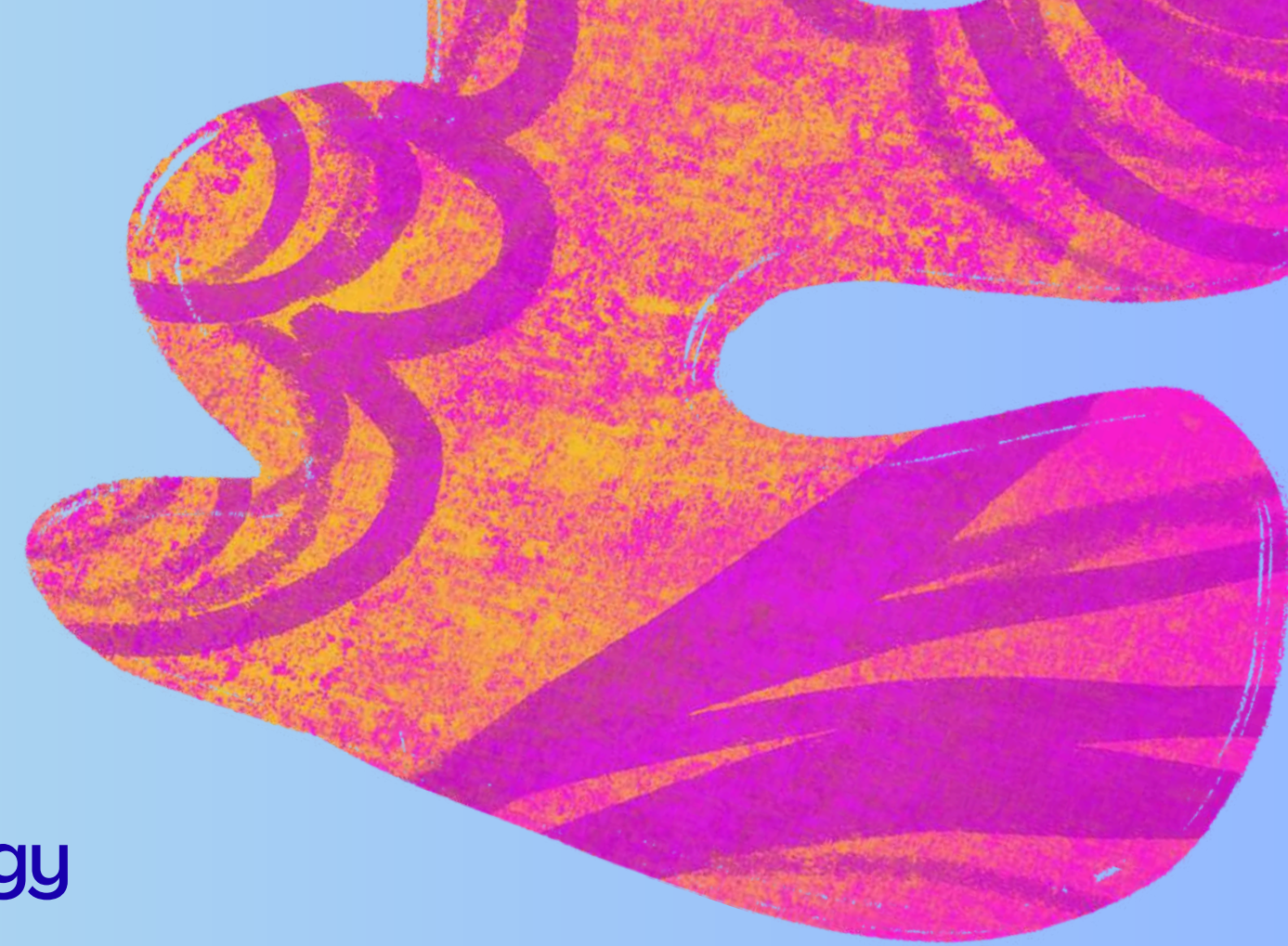
13h Lunch

16h AFTERNOON SESSION 1 - deepening into the methodology

18h AFTERNOON SESSION 2 - applying the methodology to the 'Personal Exclusion'

19h Feeling groups

20h DINNER (+night activity if any)



PROGRAM *

ARRIVAL DAY	DAY 1 INTRO	DAY 2 MYSELF	DAY 3 COLLECTIVE I	DAY 4 COLLECTIVE II	DAY 5 NATURE	DAY 6 THE END ?	DEPARTURE DAY
	PRESENTATION OF THE PROJECT	LIFE LINES	INTRO TO RANKS	WORKING WITH RANKS	WORK THAT RECONNECTS	PARTICIPANTS' FINAL WORKSHOPS	GOODBYE!
	GETTING TO KNOW THE GROUP	PROCESS WORK	PROCESS FORUM	LIVE ARTS & SYSTEMIC WORK	THE ILLUSION OF SEPARATION	FINAL EVALUATION	
INTRO TO BODY EXPRESSION			THEATER OF THE OPPRESSED	PERSONAL EXCLUSION (IV)			
WELCOME!	NIGHT ACTIVITY: JAM SESSION	PERSONAL EXCLUSION (I)	PERSONAL EXCLUSION (II)	PERSONAL EXCLUSION (III)	DREAMING FUTURES TOGETHER	FINAL GROUP CIRCLE	

*Please be aware this is a temporary program, and activities will be re-designed and adapted to the group's profile and needs

THE FACILITATORS

Alberto Monreal, multidisciplinary artist, performer, and co-founder of Space for Nature, explores human connections through Relational Art, a crossroad between live arts and facilitation.

In his recent project, Camino de Compostera (a 1,000 km pilgrimage carrying a mobile composting bin) he puts together personal and social concerns to spark reflections on waste, ecology, and collective responsibility.

Blending art, ritual, and activism, Alberto has applied his experience in several Youthwork and Erasmus+ contexts, including Training Courses, Art Residencies and extracurricular activities for kids and youngsters for the last 10 years.

ALBERTO MONREAL



THE FACILITATORS

IRENE FERNANDEZ



Irene Fernández, facilitator and educator with wide experience in developing **eco-social projects through non-formal education**. In recent years, she has developed local and international projects, particularly in the areas of the environment, gender, and interculturality, having collaborated with non-profit organisations and local councils.

In 2025, she embarked on her personal project Ir.en.espiral on deep ecology.

She is passionate about working with **groups dynamically**, facilitating enriching experiences that promote **gender equality, love of nature, and the value of diversity**.

She has extensive experience in the programme Erasmus+, first as a student, then as a volunteer and participant in training, and due to that, she started her career in non-formal education. In the last ten years, she has been coordinator and trainer in various Erasmus+ projects

THE COORDINATOR

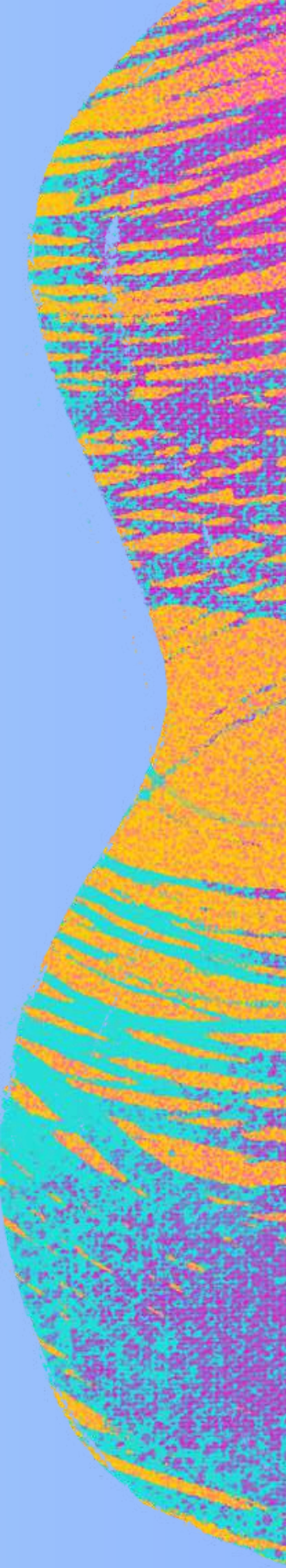
PAULINE ROUDET



She fell in love with the Erasmus + during a ESC in Slovenia 10 years ago!

She works at Association LA VILLA, she is in charge of the **coordination and the logistics** of this magnificent project: she will do her best to make sure everything goes as well as possible.

Alongside her work at LA VILLA, she is also an artist, a theatre teacher for youngsters and a creativity-focused life coach.



PARTICIPATING COUNTRIES

PARTICIPANTS PROFILE

This training course is designed for:

- youth workers, youth leaders and facilitators
- people active in youth organisations, youth centres or NGOs
- people who would like to become youth workers and are motivated to work with young people
- participants interested in quality youth work, community building and creative methods
- People interested in embodied arts pedagogies

COUNTRY	NUMBER OF PARTICIPANTS
BELGIUM	1
GREECE	2
GERMANY	2
ROMANIA	2
SPAIN	5
ITALY	2
SLOVAKIA	2
SWEDEN	2
FRANCE	5
TÜRKIYE	1

All participants should

- BE OVER 18 YEARS OLD and HAVE RESIDENCY IN THE SENDING COUNTRY.
- Speak and understand English.
- Already be involved in youth work or be motivated to get involved with it.



All participants should

- **POST AN ARTICLE ABOUT THE CONTENT OF THE TRAINING ON SOCIAL MEDIA**

=> In the following week of the training course
If you don't have a proper profile we can provide you a platform to do it

- **LEAD A WORKSHOP FOR THEIR LOCAL COMMUNITY USING SOME OF THE METHODS LEARNED DURING OUR TRAINING COURSE**

=> In the following 3 months

- **LEAD A MEETING OR A WORKSHOP WITH OTHER YOUTH WORKERS TO SHARE SOME OF THE TOOLS LEARNED DURING THE TRAINING COURSE**

=> In the following 3 months



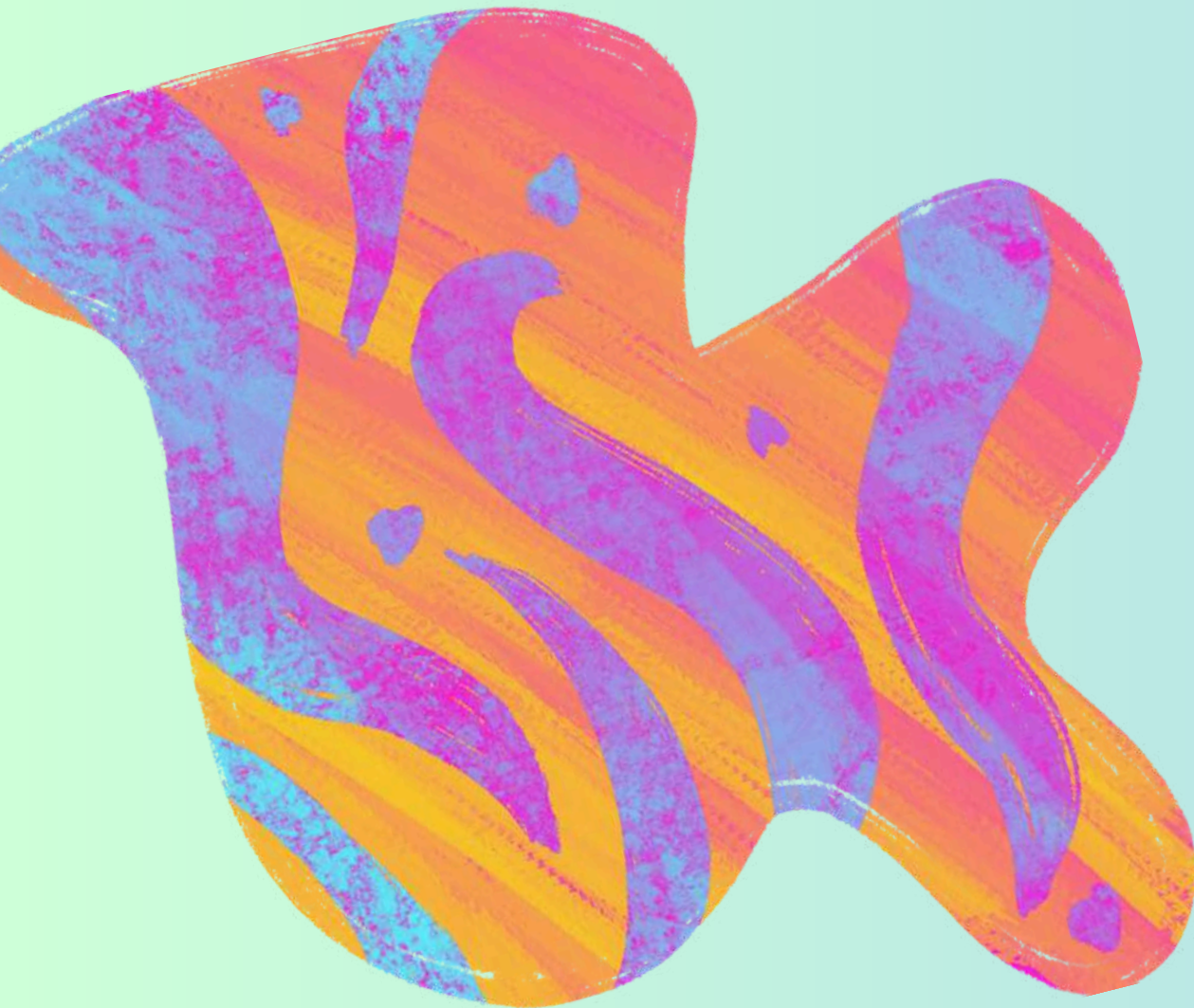
WHAT WE OFFER

Thanks to the financial support of the Erasmus+ Program, we offer the following conditions:

- Vegetarian food and accommodation during the training course will be provided
- No fees
- Travel costs will be reimbursed up to an agreed limit depending on the sending country:

FRANCE, SPAIN	GERMANY, SLOVAKIA, BELGIUM, ITALY	SWEDEN, ROMANIA, TÜRKIYE, GREECE
211 EUR 285 EUR for green travel	309 EUR 417 EUR for green travel	395 EUR 535 EUR for green travel

GREEN TRAVEL



If you are traveling exclusively with sustainable means of transportation such as train and buses you are granted the green travel budget which is a bit higher. Keep in mind it is ONLY if you use just sustainable means of transportation and NOT if you use airplane or car.

Travel costs will be reimbursed to you /your organization AFTER the project, and it might take some time.

Also, when buying the tickets, bear in mind that there is a fixed maximum amount reimbursable for individual trip costs. The sum, set by the European distance calculator, is for return tickets and your covers the travel costs from the participants' home to Issor.

Participants themselves will cover travel costs exceeding the maximum reimbursable amount.



EACH PARTICIPANT WILL BE REIMBURSHED FOR THEIR TRAVEL COSTS ONCE THE ASSOCIATION LA VILLA HAS RECEIVED PROOF THAT:

- **THEY HAVE WRITTEN A SOCIAL MEDIA POST ABOUT THE TRAINING COURSE**
- **FACILITATED A WORKSHOP WITH FEW YOUNG PEOPLE, UP TO 30 YEARS OLD (WITH PHOTOS OF THE WORKSHOP AND A SMALL REPORT OF THE TOOLS FROM THE TRAINING USED.)**
- **FACILITATED A SMALL WORKSHOP / MEETING WITH FEW PEERS (WITH PHOTOS OF THE WORKSHOP AND A SMALL REPORT OF THE TOOLS FROM THE TRAINING DISSEMINATED.)**

THE VENUE: Issor (France)



The Training Course will take place in Issor, a small mountain village situated in the south-west part of France. Our venue, le gite le Larrayou, is located in a quiet valley of the Pyrenees, close to the Spanish border.

There is nature everywhere around! The river passes nearby! There is a football pitch and a “pétanque” pitch (French game) in front of the gite.

Living

Participants will be accommodated in dorm style rooms of 4 to 6-beds (bunk beds). Rooms are simple and without any luxury.

Bathrooms are shared. Water from the tap is drinkable. Bed linen will be provided, but please bring a towel! The accommodation is a non-smoking environment, so you have to go outdoors to smoke. There is one small shop in walking distance. Unfortunately, it is not possible to do laundry at the accommodation, except by hand, and you can hang your clothes to dry outside.

Eating

Meals will be prepared by our chef Raphaël and his assistant, who are used to cook for Erasmus + training Courses, and served at the accommodation, starting with dinner on the 22nd of June. On the 29th of June, breakfast is included as well.

VEGETARIAN and delicious: During breakfast, you can choose what you want to eat from a buffet (salty and sweet food). Lunch and dinner will be with a salad bar and a common vegetarian dish according to everyone's dietary needs including vegan, lactose and gluten free.

ARRIVAL AND DEPARTURE

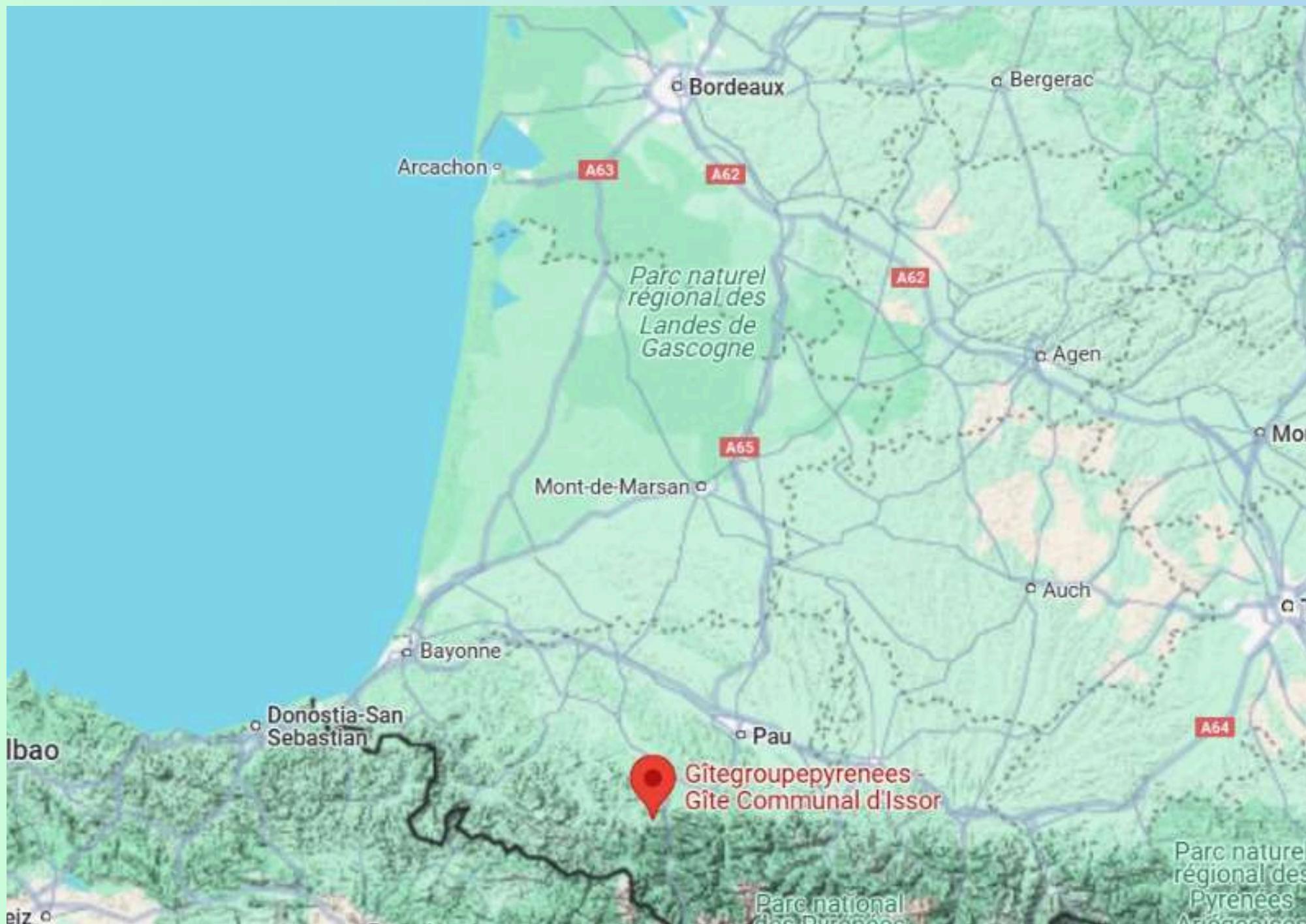
The arrival day is 22/06/2026 in the evening and the departure day is 29/06/2026 in the morning.

All participants have to arrive on the day to the venue and stay till the departure day, if you will arrive later or depart sooner, we won't be able to accept you on the project.

If you plan to come a bit before or leave a bit after the project, please contact us before booking your tickets. To be reimbursed, you are allowed to come maximum two days before the project starts and leave two days after the project finishes (not in the venue but to benefit from reimbursement). If you will come/stay longer than that we won't be able to reimburse you.

HOW TO GET THERE

After receiving official approval about your selection, it will be time to arrange your travels! What do you need to have in mind when looking for tickets?



1) In any case, you will need to get to the city of Pau.

2) From there you have to catch the train to the village of Lurbe-Saint-Christau (6km away from Issor). You can arrive with the train at 18:24 or 19:55.

The price of this train always remains the same, even if you take it at the last minute.

3) From Lurbe-Saint-Christau train station, we will come and pick you up by car.

HOW TO GET TO PAU

There are train connections to Pau, for example with the TGV from Paris, Bordeaux or Toulouse. There is also a night train from Paris to Pau, with which you can travel comfortable over night.

Check the best prices and all the options on Rome2rio website.

Usually the cheapest buses are the Flixbus, Ouibus or Blablabus ones.

Airports are situated in Pau, Tarbes/Lourdes, Biarritz, Toulouse, Bordeaux, or Bilbao.

There are cheap flights from all over Europe to these airports. Check Ryanair, Volotea, Easyjet but you can also look other website like Skyscanner, Momondo, Opodo, Kayak or Expedia.

TRAVEL TIPS

To avoid misunderstandings and have an easy reimbursement process, we advise you to:

- **Failure to participating in a minimum of 90% of the sessions or inappropriate behaviour might resolve in reimbursement not being given to the participant or even withdrawal from the training course with a notice provided to the sending organization.**
- Arrange all your travel in advance based on **economy class tickets** (1st class tickets are not reimbursed) and plan the cheapest route possible to the project venue and back home.
- If possible, travel together with participant from your country (come with the same plane, bus, train which will make our and your organization much easier).
 - If you have any doubt about your travelling plans, please contact Pauline the coordinator before booking tickets.
- **Car travel and taxi rides can only be refunded in special situations and have to be discussed in advance with us.**



PRACTICALITIES

It is mandatory to have **a valid travel and medical insurance** (European Health Insurance Card) during your travel.

The host organization will not cover any personal health insurance for participants. Participants have to be aware that obtaining a health insurance in case of accident, serious illness (including permanent or temporary incapacity) and death (including repatriation) as well as the travel insurance (including damage or loss of luggage) is their own responsibility.

We strongly recommend it. Please ask your sending coordinator if you have any doubt.

WHAT TO BRING

- Clothes for cold evening and for warm days
- Toiletries
- Earplugs (if you are sensitive to snoring)
- Towel
- Insurance card, passport
- Games to play in the evening, musical instruments if you like
- Sleepers
- Swimsuits
- Water bottle
- Snacks from your country

HOW TO APPLY

Here is the application form:

<https://forms.gle/5AompepYvfT86XoZ8>

Deadline for applications is 31/05/26

Deadline for purchasing tickets is 05/06/26

DON'T PURCHASE THE TICKETS BEFORE GETTING OFFICIAL APPROVAL ABOUT YOUR SELECTION

For any question related to the application, please contact Pauline at: logistics.lavilla.association@gmail.com